

# Phoenix VA Adaptive Sports Program

August 2021

Volume 6, Issue 3

## Phoenix VA Adaptive Sports News

### Adaptive Sports Clinics offered this Season:

- **Phoenix Peloton**
- **Orientation Group (VVC)**
- **Badminton**
- **Bocce for Beginners**
- **Wheelchair Basketball**
- **Cycling Clinic**
- **Team RWB Events**

**S**ome new clinics are set to start come August 16th! Be sure to register as soon as possible.

**\*\*Registration closes July 23rd at 3PM\*\***

You can contact Josh or Michelle through one of the options below:

General Clinic Line: **602-277-5551 Ext 3371**

Clinic Email: **VHAPHOAdaptiveSportsProgram@va.gov**

Josh Parks Call/Text 602-517-2675

Michelle May Call/Text 480-287-3496

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## Phoenix Peloton

Starting Wednesday morning September 29th our Phoenix Peloton Cycling Group will begin meeting at Tempe Town Lake. All abilities welcome. We will have three groups to ride with.

Tempe Beach Park on Tempe Town Lake:

80 W Rio Salado Pkwy, Tempe, AZ 85281

Ride starts at 0715!

Friday

Group 1  
8/20  
8/27

Group 2  
9/3  
9/10

Group 3  
9/17  
9/24

Group 4  
10/1  
10/8

## Orientation To Adaptive Sports

Adaptive Sports is not your everyday program. We have opportunities available for all Veterans. If you are new to Adaptive Sports please attend this clinic ASAP. You will learn all about Adaptive Sports and what you can achieve in our program.

**When:** Fridays 930-1030

**Location:** Virtual (VVC)

Tuesday

August 24th

Through

September 28th

@

1300-1400

## Badminton

Wheelchair and Standing Badminton Clinic will be held indoors. Ideal for Veterans who enjoyed racquet sports but don't quite have the knees or agility they used. Also, it's perfect for Veterans interested in competing in Golden Age Games.

**Location:** Sun Devil Fitness Complex 350 N 1st Ave, Phoenix, AZ 85003



## Bocce Ball for Beginners

For those of you who haven't done Bocce Ball with us before. Join us to learn the basics, learn about resources to continue playing.

Wednesday

August 18th

Through

September 22nd

@

1100-1200

**Location:** Phoenix VA Topaz Clinic—A0700

650 E Indian School Rd Phoenix, AZ 85012



Thursday

## Wheelchair Basketball

August 26th

Through

September 30th

@

1300-1400

We've got basketballs, we've got wheelchairs, and we've got a court. Just need you to register if you'd like to learn to play. Wheelchair Basketball.

**Location:** Sun Devil Fitness Complex 350 N 1st Ave, Phoenix, AZ 85003



## ASU Adaptive Sports

Students from ASU will be selecting clinics for this event. Our focus during this clinic will be having a good time and interacting with the next generation of therapist. There will be a wide variety of sports!

**Group 1  
On Tuesday**

**October 19th**

**Through**

**November 30th**

**@**

**1300-1400**

**Group 2  
On Tuesday**

**October 21st**

**Through**

**December 2nd**

**@**

**1300-1400**

**Location:** Phoenix VA Topaz Clinic—A0700  
650 E Indian School Rd Phoenix, AZ 85012



## Adaptive Cycling Clinic

It's that time of year again! Cooling off and jumping on our recumbent trikes! Sun Cyclery will be meeting us out in Indian Steele Park with recumbents to trial. There will also be classes on how to maintain your trike, safe riding, and ways to track your rides.

**Wednesday**

**Group 1**

**October 4th  
Through  
November 8th**

**-OR-**

**Group 2**

**November 15th  
Through  
December 20th**

**When:** Mondays at 0900-1100

**Location:** Indian Steele Park

300 E Indian School Rd, Phoenix, AZ 85012



## Pickleball

**Thursday**

**October 21st**

**Through**

**December 2nd**

Our Pickleball guru, Frank, has returned to share his passion of Pickleball with all who are interested in learning the game. He will teach you the basics and get you in touch with your local Pickleball courts so that one day you can meet on him on the court for a fun game!

**When:** Thursdays

**Location:** JW Marriott Desert Ridge

5350 E Marriott Dr, Phoenix, AZ 85054



## Team RWB Events

### Team RWB Events

[https://  
www.teamrwb.org/  
chapter-locator/](https://www.teamrwb.org/chapter-locator/)

**T**eam Red, White & Blue is the antidote to isolation and health challenges. By forging America's leading health and wellness community for Veterans, Service Members, and their families, Team RWB strives to make tomorrow better. Together, we will find strength and success.

**T**heir chapters and the Team RWB App deliver virtual and local, consistent, and inclusive opportunities for Veterans and the community to connect through physical and social activity. Volunteers host regular fitness activities, social gatherings, and community service events, and facilitate building strong local connections with members and organizations within the community.

For more information please download Team RWB's app, add them on Facebook or Instagram, or check their website for contact information.

### **August-September:**

July 31st: Kayaking @ Lake Pleasant: 0600-0800

August 14th: Dark & Early/Warriors 4 Warriors: 0600-0700

August 22nd: Silent Sunday at South Mountain: 0600-0800

September 10th: Tempe Healing Field Set Up: 0600-0900

September 11th: 9.11 Moving Tribute– Phoenix: 0600-1900

September 26th: Silent Sunday at South Mountain: 0600-0800



## Upcoming National Events

Summer Sports Clinic: At HOME! - September 19-24, 2021

National Wheelchair Games in NY - September 2021

All registrations for these National Events should already be completed/initiated.

## Web search for the groups below!

[www.ArizonaDisabledSports.com](http://www.ArizonaDisabledSports.com)

[Arizona Spinal Cord Injury Association](#)

[City of Mesa Adaptive Recreation](#)

[Arizona Spina Bifida Association](#)

[Mesa Public Schools](#)

[Arizona Cerebral Palsy Association](#)

[Special Olympics Arizona](#)

[Disabled Sports USA](#)

[Ability360](#)

[Adaptive Sports USA](#)

[Ability 360 Sports & Fitness Center](#)

[US Association of Blind Athletes](#)

[River of Dreams](#)

[Mesa Convention and Visitors Bureau](#)

[US Paralympics](#)

[Wounded Warrior Project](#)